

# Lemon Sponge Pudding

 Vegetarian

READY IN



55 min.

SERVINGS



2

CALORIES



226 kcal

DESSERT

## Ingredients

- 2 servings powdered sugar
- 1 eggs separated
- 2 teaspoons flour all-purpose
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest
- 0.3 cup milk
- 0.3 cup sugar

## Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

## Directions

- In a bowl, combine sugar and flour. Stir in milk, lemon juice and peel. Beat egg yolk; add to lemon mixture. In a bowl, beat egg white until stiff peaks form; fold into lemon mixture.
- Place two ungreased 6-oz. custard cups in an 8-in. square baking pan. Divide lemon mixture between the cups.
- Pour hot water into pan to a depth of 1 in.
- Bake, uncovered, at 325° for 35–40 minutes or until a knife inserted near the center comes out clean. Dust with confectioners' sugar.
- Serve immediately.

## Nutrition Facts

**PROTEIN 7.51%** **FAT 13.72%** **CARBS 78.77%**

## Properties

Glycemic Index:91.55, Glycemic Load:25.1, Inflammation Score:-1, Nutrition Score:4.2343478669291%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 226.36kcal (11.32%), Fat: 3.56g (5.48%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 45.76g (16.64%), Sugar: 43.55g (48.39%), Cholesterol: 86.72mg (28.91%), Sodium: 47.44mg (2.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Selenium: 8.47µg (12.11%), Vitamin B2: 0.18mg (10.44%), Phosphorus: 88.11mg (8.81%), Vitamin C: 7.09mg (8.6%), Vitamin B12: 0.42µg (6.92%), Calcium: 65.29mg (6.53%), Vitamin D: 0.89µg (5.92%), Vitamin B5: 0.52mg (5.21%), Folate: 17.13µg (4.28%), Vitamin A: 186.08IU (3.72%), Vitamin B6: 0.07mg (3.59%), Vitamin B1: 0.05mg (3.43%), Zinc: 0.48mg (3.19%), Potassium:

111.38mg (3.18%), Iron: 0.52mg (2.88%), Magnesium: 9.01mg (2.25%), Vitamin E: 0.28mg (1.85%), Copper: 0.03mg (1.27%), Manganese: 0.02mg (1.24%)